

**Transition to “Barbeque” Attitude • Cleaning of FGB Ventilation Grilles**

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–07:55		Prep for work
07:55–08:10		Daily planning conference ( <i>S-band</i> )
08:10–08:40	FE-1	Payload familiarization (30 minutes)
08:10–10:30	CDR	Cleaning of FGB ventilation grilles
08:40–09:20	FE-1	IMS file prep
09:20–10:00		Maintenance of COЖ
10:00–10:05		Routing of UOP to DCP
10:05–11:20		Physical exercise (CEVIS)
10:30–11:30	CDR	Physical exercise (TVIS-1)
11:20–11:35	FE-1	Private medical conference ( <i>S-band</i> )
11:40–12:40		LUNCH
12:40–15:10		MSS skill OBT
15:10–16:25	FE-1	Physical exercise (RED)
15:15–16:45	CDR	Physical exercise (TVIS-1)
16:25–16:35	FE-1	Transfer of TVIS/RED files to MEC
16:35–16:45		Setup for PAO event
16:45–16:55		Prep for PAO event
16:55–17:15		Educational PAO event ( <i>S+Ku-band</i> )
17:15–18:15	FE-1	RED cable R&R
17:15–17:30	CDR	Private medical conference ( <i>S-band</i> )
17:30–17:35		Derouting of UOP from DCP
17:35–18:15		INTERACTIONS: questionnaire and data backup
18:15–18:45		Daily plan review
18:45–19:15		Prep for work
19:15–19:30		Daily planning conference ( <i>S-band</i> )
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

**NOTE:** See OSTP for references to US activities.

End of radiogram